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ARTPOP GOES 'THE PAIN OF FAME'

LADY GAGA TALKS THE SPLIT WITH HER MANAGER, HER UNDER-SELLING ALBUM AND HOW POP'S GOTTEN 'TRASHY'

PAGE 13

UN meeting to focus on ISIS

General Assembly will work to reach consensus on how best to deal with extremist group

PAGE 10

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FUZZY EMBRACE

More than 700 fuzzy stuffed animals were collected Sunday as part of a teddy bear drive for EPS Victim Services Unit. Read more on page 4. LEAH HOLOIDAY/METRO

Edmonton police department faces budget shortfall

Traffic tickets.

Revenue short because of fewer tickets

Edmonton police are writing fewer tickets than planned leading to a possible \$3.7-million budget shortfall this year.

The latest numbers were presented to the Edmonton Police Commission last week and showed police took in about \$8.1 million in fines for traffic offences in the first seven months of the year.

The police had budgeted for \$9.3 million in revenue from fines, which, added to other factors, has the police forecasting a year-end deficit of \$3.7 million.

Deputy Chief Brian Simpson said the police are hopeful they can avoid ending the year in the red and are trying

to find areas of extra savings in the budget without reducing services.

"We're always looking at the budget piece and we are always looking at strategies," he said.

Simpson said the small decrease in ticket numbers is because officers are spending more of their time running to calls and less time available for traffic enforcement.

He said officers are also finding more than traffic charges when they pull drivers over and that can be time-consuming.

"We start with a traffic offence and a lot of times it evolves into a criminal offence and that takes the officer off the road to deal with it," he said.

Simpson said while the current project shortfall is a small share of the police department's \$285-million

budget, they are taking it very seriously.

"We are paying attention to it, because we have to."

Coun. Scott McKeen said council will want to see the police working hard to close the financial gap, but he's also concerned about the level of traffic enforcement.

"I will be asking questions about that, because traffic and speeding have clearly been articulated as a major concern," he said.

McKeen said he recognizes the challenges police have had responding to calls, but he wants to make sure the department is focusing on what the community is calling for.

"I think council will be open to hearing requests for more officers, but we also want to make sure that police priorities are aligned with community priorities."

RYAN TUMILTY/METRO

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FIVE THINGS YOU NEED TO KNOW TODAY

1 HOMELESS COUNT

Registration is now open for Edmonton's biannual homeless count. The data collected is used by local community and stakeholder groups in an effort to end homelessness in Edmonton.

2 SCHOOL CRUNCH

Alberta Premier Jim Prentice is expected to announce funding Monday for a batch of mini-schools and modulars to aid a classroom shortage in Calgary, after a request from the local board back in June.

3 SUMMER FINALLY OVER IN B.C.

It's back to the books for half a million students in B.C. after a bitter teachers strike claimed the first three weeks of the new school year.

4 PASSPORTS

Civil-rights activists says Citizenship and Immigration Canada isn't doing enough to prevent potential abuse of its plan to revoke passports of those suspected of joining terror groups.

5 NEIGHBORS ON DVD, BLU-RAY

The DVD/Blu-ray release of *Neighbors*, with Seth Rogen and Zac Efron, is out Tuesday. If you missed it in theatres be sure to pick it up tomorrow.

New environment minister to focus on catastrophic events

Kyle Fawcett. Province recognizes climate change damage potential, aims to 'mitigate the impacts'



RYAN TUMILTY
ryan.tumilty@metronews.ca

Alberta's new environment minister has been asked to deal with the reality that events like the Slave Lake Fire and the Southern Alberta floods could be more common.

Kyle Fawcett, was appointed minister of environment and sustainable resource development last week, and as part of his mandate letter from Premier Jim Prentice he was asked to "develop programs to anticipate and minimize impacts of major catastrophic events."

Fawcett explained that climate change scientists have said that more extreme weather events could take place more often because of climate change and the government is acknowledging that.

The costs

- The 2011 Slave Lake Fire left about 2,000 people homeless and cost an estimated \$1 billion in insurance claims and firefighting costs.
- The province's latest estimate pegs the cost of the southern Alberta floods at \$6 billion.

He said as a result of those changes the province has to be more prepared.

"We have seen in this province over the last few years how devastating that can be and we need to be prepared. That's what people in Alberta want their government to do," he said.

Fawcett said the government can't stop major events from happening, but they can make them less severe.

"What we can do is make sure we're prepared to deal with them and potentially mitigate the impacts of them," he said.

In his mandate, Fawcett has been directed to



Environment minister Kyle Fawcett has been asked to consider ways to limit the damage from major disasters like the Slave Lake Fire and the southern Alberta floods, recognizing such disasters might be more common due to the effects of climate change. IAN JACKSON/THE CANADIAN PRESS

work with Forest Resource Improvement Association of Alberta on their FireSmart program, which aims to reduce the risk of fires im-

pacting communities.

Fawcett said the province will look at that program, as well as flood mitigation projects that could save lives.

"There's lots of options available and it will be our job to determine which ones will be the best ones for taxpayers to invest in," he said.



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Bear necessities. Event collects nearly 800 stuffed animals for child victims

Teddy bears of all shapes and sizes were welcome Sunday as part of an annual stuffed-animal drive for the Edmonton police's Victim Services Unit.

Hosted by the Edmonton Thunderbird Club, the event saw close to 800 stuffed animals collected for traumatized children working with city police.

According to Victim Services co-ordinator Wes Armstrong, giving a child a teddy bear can make a big difference in an otherwise terrible situation.

"We use about 600 to 700 bears a year when we go out on crisis calls," said Armstrong.

Event co-ordinator Bob Benson said he collects the stuffed animals throughout the year and was able to drop off 640 "stuffers" on Sunday.

"I start collecting tomorrow for next year's event," said Benson with a laugh.



Over the last seven years, organizers for the annual teddy bear drive have collected more than 10,000 stuffed animals. LEAH HOLOIDAY/METRO

While the bears go directly to Victim Services, other stuffed animals are donated to various charities in Edmonton, including the Bissel Centre, Catholic Social Services and Ronald McDonald House.

LEAH HOLOIDAY/METRO

Blair McPherson Park. Police look for suspect who allegedly approached kids

Police are investigating reports of a man engaging in inappropriate physical contact with children in a southeast Edmonton park.

Between 6:30 and 8 p.m. Friday, an unknown adult male approached children at a playground in Blair McPherson Park. The man tried to engage with several children and is alleged to have made inappropriate physical contact with at least three of them.

Police are investigating and are planning patrols in the area.

"We don't want to alarm anyone, but we are asking the public to be attentive and re-

port any suspicious individuals or activities in the area," says Det. Derek Lai with the police child protection section.

The suspect is described as slightly darker-skinned, possibly East Indian or aboriginal, approximately 25 to 35 years old, about five-foot-10 and weighing around 200 pounds.

He has short black hair with some grey, an unshaven face, with crooked and yellowing teeth, and walks with what appeared to be a limp.

The male was believed to be in the company of two other individuals and left in a white or silver four-door vehicle. METRO

'I'm afraid that he's in danger'

Gamteysa Muhamed. Family makes desperate plea for any information on the whereabouts of Edmonton man, who was last seen on Sept. 7



RYAN TUMILTY
ryan.tumilty@metronews.ca

An Edmonton woman is reaching out, hoping someone can help find her brother, who has been missing now for more than two weeks.

Anttu Muhamed last saw her brother Gamteysa Muhamed on Sept. 7 and no one has seen him since. He was reported missing after he was to meet some friends that Sunday afternoon to go watch a football game, but he never met up with them and has been unreachable via his phone.

Anttu said the family's fear has only been growing while they wait for news.

"We were worried the first night he didn't come home," she said. "I have absolutely no clue where he would be."

She said her brother was close with his family and friends and it's incredibly unusual for him not to be picking up his phone.

"If he was able to come home and be here right now he would," she said. "I'm afraid that he's in danger



Gamteysa Muhamed was last seen on Sept. 7 and his family have no idea what might have happened to him. CONTRIBUTED

and that's why he isn't calling."

She said she can't think of anyone whom her brother has a grudge or dispute with that could explain his disappearance.

The 21-year-old is de-

scribed as having a medium-brown complexion and is six feet tall, weighs 185 pounds and has short brown hair.

He was last seen wearing a red sweatshirt and jeans at the time of his disappearance, police said.

Have information?

Anyone with information is asked to call Crime Stoppers at 1-800-222-8477 or EPS at 780-423-4567.



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No plans to ban fried food, soft drinks: U of A admin

Focusing on support.
Students have right to make own health choices, says university



LEAH HOLODAY
leah.holoday@metronews.ca

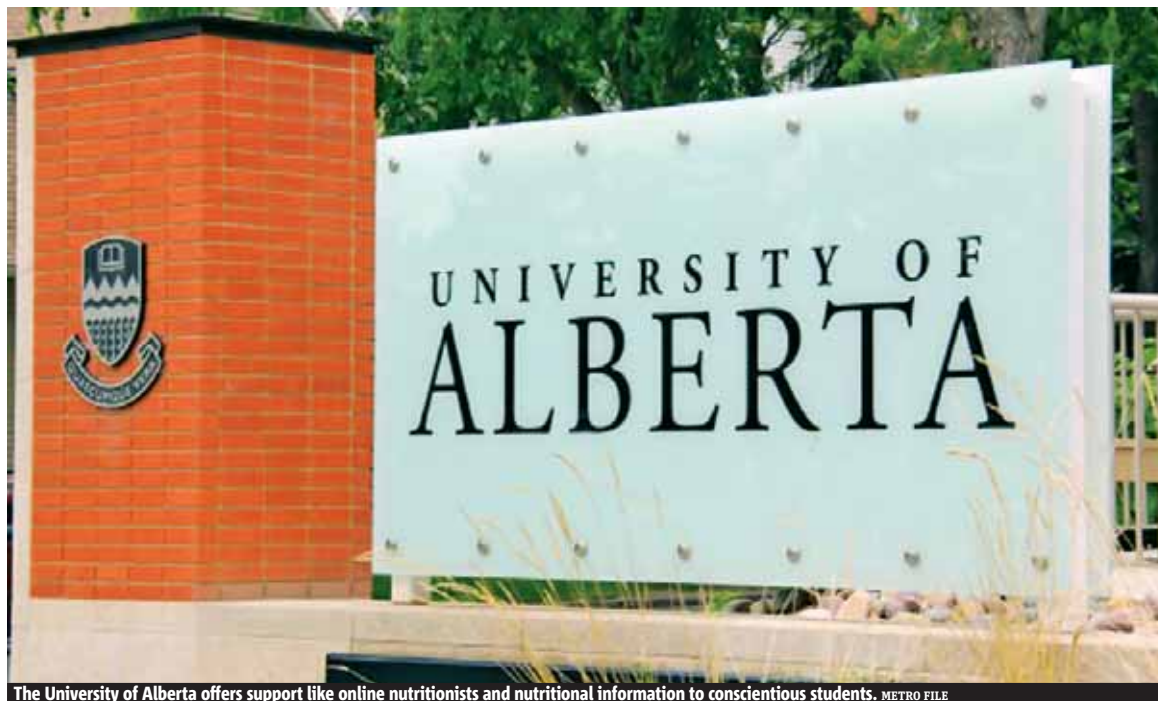
After a college in Montreal put the kibosh on serving fried food on campus, administrators at the University of Alberta say they haven't considered banning certain foods because the onus of healthy eating should be on their students' plates.

Earlier this month, Quebec's Vanier College banned the sale of fried foods and soft drinks on its campus in an effort to encourage healthy eating habits among its students.

While U of A's associate vice-president of ancillary services Doug Dawson called the idea interesting, he said students shouldn't expect to see a ban of their favourite food any time soon.

The university has 40 independent operators, including Subway and Tim Hortons, said Dawson, making it too difficult to start excluding certain foods from the campus.

"We wouldn't be in a position to ban fried food, simply because we don't sell all the fried food," he explained.



The University of Alberta offers support like online nutritionists and nutritional information to conscientious students. METRO FILE

"We also philosophically believe in choice," said Dawson, adding the university offers support like online nutritionists and nutritional information to students who want to make healthy choices.

Moni Holowach, a third-year nutrition and food-science student and president of the U of A's Health and Well-

ness Movement, said encouraging students to eat healthy starts by informing them about healthy options instead of banning certain foods.

"The movement is about getting people involved and giving them a meaningful position in the realm of health," said Holowach.

In the past the movement

tried to fight trans fat on campus, Holowach said, but now they focus on encouraging students to make wise choices.

"We do a fruit stand where we aim to once a week have it out and sell fruit for a donation price," said Holowach. "That's one way we can take charge and make healthier choices available on campus."

Tricky proposition

"We wouldn't be in a position to ban fried food, simply because we don't sell all the fried food."

Doug Dawson, associate VP of ancillary services, explaining that the U of A has deals with 40 independent operators

Workload blamed

Police fall short of domestic violence prevention targets

Edmonton police continue to struggle to hit their own targets on domestic violence but insist the most dangerous situations are still being pursued.

The force had hoped to increase the number of checks by five per cent this year, but instead the number of checks has actually dropped by 6.3 per cent, according to the most recent data.

Police perform the checks on offenders to ensure they're abiding by bail conditions that often include no-contact orders with victims.

Deputy Chief Brian Simpson said that, with the city growing by 60,000 people in two years, officers are having trouble keeping up with demand.

"Our officers are spending more time on calls versus having the free time to go knock on that door," he said.

Deputy Chief Danielle Campbell said that despite the volume challenges, high-risk cases are still being followed up on regularly through the force's domestic-violence unit.

"They're not missing any. It's 100 per cent," she said.

"They deal with the worst of the worst. They're basically a homicide-prevention unit."

RYAN TUMILTY/METRO

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Czech zoo burns rhino horns

About 50 kilograms of rhino horns are set on fire at a zoo in Dvur Kralove in the Czech Republic, Sunday to draw attention to the plight of the endangered animals that are being driven to extinction due to the demand for rhino horns. PETR DAVID JOSEK/THE ASSOCIATED PRESS

Nuclear talks

Kerry meets Iran's foreign minister

U.S. Secretary of State John Kerry is meeting with Iranian Foreign Minister Mohamad Javad Zarif for talks expected to focus on the prospects of reaching an agreement on reducing Tehran's atomic activities in exchange for an end to nuclear-related sanctions. Their meeting Sunday

comes on the third day of the latest round of nuclear talks between Iran and six world powers — the United States, Russia, China, Britain, France and Germany.

The talks have been stalled for months over Iran's opposition to sharply reducing the size and output of centrifuges that can enrich uranium both to levels needed for reactor fuel or the core of nuclear warheads. **THE ASSOCIATED PRESS**

Italy

55 migrants pulled from capsized dinghy

The Italian coast guard says a cargo ship has rescued at least 55 migrants from Libyan waters after their rubber dinghy capsized. They say several bodies were spotted in the sea and up to 30 people might be missing.

Coast guard officials said after the dinghy used

a satellite phone to request help Sunday afternoon, a Singapore-flagged merchant ship rushed to the scene but the migrants' boat capsized just before its arrival. Coast guard officials said the dinghy's capacity was about 100 passengers.

Thousands fleeing war or poverty have been arriving weekly in smugglers' boats on Italian shores or needing rescue at sea.

THE ASSOCIATED PRESS

Case of man who died in ER goes to appeal court

Winnipeg. Health authority, province argue the Charter of Rights doesn't allow relatives to pursue a claim on behalf of a deceased person

The family of a man who died during a 34-hour wait in a hospital emergency room is asking Manitoba's highest court to rule his charter rights were violated.

Lower court judges have previously struck down the heart of the lawsuit by ruling that Brian Sinclair's charter rights died with him. But lawyers for the family argue it's "cruelly ironic" that a man who died because he didn't receive the care due to him under the Charter of Rights and Freedoms isn't allowed to sue because he is dead.

Sinclair was referred to the emergency department in September 2008 because he had a blocked catheter. The inquest heard the 45-year-old double amputee wheeled himself over to the triage

Damages

The Winnipeg health authority has paid out \$110,000 in damages to the Sinclair family.

- Sinclair's family initially sued the Winnipeg Regional Health Authority, individual employees who were on duty the weekend Sinclair died, and the government of Manitoba. The family has since dropped its action against the province.

desk and spoke to an aide before guiding his wheelchair into the waiting room. There, he languished for hours, growing weaker and vomiting several times. But he was never asked by medical staff if he was OK or if he was waiting to be seen by a doctor.

The province's medical examiner found Sinclair died of a treatable bladder infection caused by the blocked catheter.

The appeal is scheduled to be heard Monday.

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Thousands march on Moscow to protest Ukrainian conflict

'No to war.'

Demonstrators protest Russia's alleged complicity in the ongoing conflict that has killed 3,000

Thousands of people marched through central Moscow on Sunday to demonstrate against the fighting in Ukraine and Russia's alleged complicity in the conflict.

The demonstrators chanted slogans, including "No to war" and "The junta is in the Kremlin, not Kyiv." The latter refers to Russia's contention that the ousting of Ukraine's former Russia-friendly president was a coup.

The fighting between Ukrainian forces and pro-Russia separatists in eastern Ukraine that erupted after the ouster has killed more



A woman wearing a traditional Ukrainian flower headband poses for a photo in front of police officers during an anti-war rally in downtown Moscow, Sunday. Thousands marched through central Moscow to demonstrate against the fighting in Ukraine. DENIS TYRIN/THE ASSOCIATED PRESS

than 3,000 people. Ukraine and Western countries claim Russia is supplying troops and equipment to the rebels, which Moscow denies.

"Our country is acting as an aggressor, like Germany in

the war," said demonstrator Konstantin Alexeyev, 35.

The Ukraine conflict has boosted nationalist sentiment among Russians, with many regarding eastern Ukraine as rightfully a part of Russia.

and coverage of the crisis on state-controlled television channels has skewed strongly against the Ukrainian authorities.

"I am concerned about the rhetoric on our TV chan-

nels, which disseminate anti-Ukrainian sentiment," said 50-year-old demonstrator Ludmila Shteigervalt. "Ukraine is a friendly country. We should just leave it alone."

A ceasefire was called on

Sept. 5, but has been violated repeatedly. Negotiators from Ukraine, Russia, the rebels and the Organization for Security and Co-operation in Europe last week tried to further the peace process with an agreement calling for both sides to halt their advances and for pulling back heavy artillery in order to create a buffer zone.

Col. Andriy Lysenko, a spokesman for Ukraine's national security council, said the ceasefire violations are obstructing fulfilment of the buffer zone plan.

"The first point (the ceasefire) is not being fulfilled so far, so we're not talking about the other points," he said.

Along with pulling back the heavy weapons, the plan also calls for the withdrawal of foreign fighters and for all military flights over the combat area to be banned.

THE ASSOCIATED PRESS

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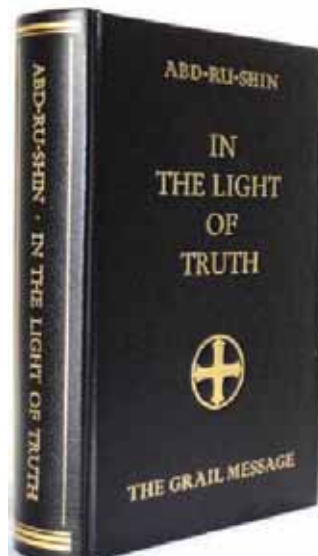
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British Parliament bickers over how to give Scotland new powers

The debate over Scotland's future fizzled amid a bitter war of words Sunday, with the Scottish leader claiming his countrymen were tricked into rejecting independence in a referendum while Britain's three main political parties bickered over modes of political reform.

Alex Salmond, Scotland's outgoing independence leader, accused politicians in London of reneging on their promises to hand more power to Scotland in a rare cross-party pact he said swung votes in favour of union in Thursday's vote.

His comments came after U.K. Prime Minister David Cameron said plans to empower Scots should be linked to constitutional reform in England — which fractured the fragile political consensus and drew at-

tacks from across the spectrum.

Just days earlier, Cameron and his political rivals had joined together and vowed to quickly pass laws to transfer key decision-making powers from London to Scotland's capital, Edinburgh. All three party leaders signed off on the pledge, which promised Scots powers to decide on their tax, budget and welfare policies.

Cameron said it won't be fair to devolve powers to Scotland without considering similar constitutional changes in the rest of the kingdom. Critics say these conditions dilute the three leaders' joint pledge and will likely delay the downloading of the promised powers to Scotland.

"It's the people who voted 'No' ... these are the people



Outgoing Scottish First Minister and Yes movement leader Alex Salmond
THE ASSOCIATED PRESS

who are feeling most angry, most hurt, most disappointed in Scotland today," Salmond told the BBC. THE ASSOCIATED PRESS



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Massive march ahead of summit

People's Climate March. Activists gather in NYC to draw attention to global warming

Tens of thousands of activists walked through Manhattan on Sunday, warning that climate change is destroying the Earth — in stride with demonstrators around the world who urged policy-makers to take quick action.

Starting along Central Park West, most came on foot, others with bicycles and walkers, and some even in wheelchairs. Many wore costumes and marched to drumbeats.

But their message was not entertaining:

"We're going to lose our planet in the next generation if things continue this way," said Bert Garskof, 81, as a family member pushed his wheelchair through Times Square.

He had first heard about global warming in 1967, "when no one was paying much attention," said Garskof, a native

New Yorker and professor of psychology at Connecticut's Quinnipiac University.

Organizers said more than 100,000 marched in New York, including actors Mark Ruffalo and Evangeline Lilly. They were joined in midtown Manhattan by United Nations Secretary-General Ban Ki-moon, former vice-president Al Gore and New York City Mayor Bill de Blasio.

On Tuesday, more than 120 world leaders will convene for the United Nations Climate Summit aimed at galvanizing political will for a new global climate treaty by the end of 2015.

"My sense is the energy you see on the streets, the numbers that have amassed here and in other cities around the world, show that something bigger is going on, and this UN summit will be one of the ones where we look back and say it was a difference maker," de Blasio said.

The New York march was one of a series of events held around the world to raise awareness about climate change.

THE ASSOCIATED PRESS



Demonstrators make their way down Sixth Avenue in New York during the People's Climate March on Sunday. Scan the photo with your Metro News app to see a gallery of images from the rally. JASON DECROW/THE ASSOCIATED PRESS

Reports

Pollution rising

Scientists estimate that the world spewed far more carbon pollution into the air last year than ever before.

That was mostly because

of increases from the three biggest polluters: China, the U.S. and India. The reports released Sunday by the International Global Carbon Project team come as world leaders meet at the UN to discuss reducing heat-trapping gases. **THE ASSOCIATED PRESS**

Reporting on the march

'A profound experience'

MILA PETKOVIC
mila.petkovic@metronews.ca

Blery-eyed, perspiring slightly and tummy rumbling, I came to as we pulled into the Big Apple at 6 a.m. after a 10-hour-plus bus ride from Toronto.

I stumbled down the steps and into the sunlight in front of Sts. Luke & Matthew church in Brooklyn. This would be our home for the next couple of days.

I was there to cover the People's Climate March as part of a media team making a documentary about the events surrounding the UN Climate Summit, to take place Sept. 23.

My in: Toronto350.org (one of the organizers of the rally committed to curbing climate change). My

company: Five busloads of concerned citizens totalling 280 individuals who would ultimately contribute to a march of more than 300,000 people (according to organizers) on the Sunday prior to the summit.

During the march, I interviewed people from all walks of life who came from far and wide to have their voices heard — a mom and her children from Philadelphia; two men from the Dominican Republic; indigenous women from Canada; NYPD cops; and a 93-year-old Second World War veteran from New York.

This was without a doubt the largest climate change march in U.S. history and the sheer volume of people overwhelmed me with emotion.

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UN meeting to focus on threat of ISIS

'Horrendous violence.'

Secretary-General Ban Ki-moon says he hopes the General Assembly will lead to consensus in fight against ISIS

A brutal terrorist organization that calls itself a state but lacks recognition from any government will take centre stage when more than 140 heads of state and government convene for the annual ministerial meeting of the UN General Assembly this week.

The head of the so-called Islamic State of Iraq and al-Sham (ISIS), a man called Abu Bakr al-Baghdadi, has not been invited. But the danger posed by the extremists will be the overriding theme.

"Together, we will address the horrendous violence in Syria and Iraq, where conflict and governance failures have provided a breeding ground for extremist groups," UN Secretary-General Ban Ki-moon told a news conference last week.

With world leaders grappling to stitch together a coalition and plan of action, Ban said he hopes the General Assembly session will help produce an international consensus to act against the extremist group.

On the sidelines, U.S. President Barack Obama will lead a summit meeting of the Security Council to focus on one aspect of the threat — foreign terrorist fighters. A draft resolution expected to be adopted by the 15-member



This image captured from a video posted on a militant website, which has been authenticated, purports to show the leader of ISIS, Abu Bakr al-Baghdadi, delivering a sermon in Iraq. THE ASSOCIATED PRESS

council would require all countries to prevent the recruitment and transport of would-be foreign fighters preparing to join terrorist groups such as ISIS.

It would require the 193 UN member states to ensure their domestic laws and regulations punish nationals who travel — or attempt to travel — to another country to plan or carry out terrorist acts. It also threatens sanctions against recruiters and financiers for al-Qaida associated groups.

ISIS was established in Iraq but spread in early 2013 to Syria, where it grew in the chaos of that country's civil war. Its fighters rampaged across northern and western Iraq in June, seizing a huge swath of land and sending tremors across the Middle East.

The group controls territory stretching from northern Syria to the outskirts of Baghdad, and have established what they call an Islamic state ruled by their harsh interpretation of Islamic law. THE ASSOCIATED PRESS



Westgate Mall attack in Kenya marks one year

Gloria, 4, centre, whose father Christopher Chewa was killed in the Westgate Mall attack, wipes the tears from the eyes of her mother Faith Njoki as they hug on Sunday. Her baby brother Edwin, 1, left, is held by a relative, after joining other families of the victims to lay flowers and remember at the Amani Garden memorial site in the Karura Forest in Nairobi. Kenya is marking one year since four gunmen stormed the upscale Westgate Mall in Nairobi, killing 67 people. A memorial plaque with the names of the victims was unveiled at the popular forest on the edge of the city. Families laid flowers for their lost loved ones, sharing memories and tears.

BEN CURTIS/THE ASSOCIATED PRESS

Ebola. Residents complain of food shortages as Sierra Leone's lockdown ends

Frustrated residents complained of food shortages in some neighbourhoods of Sierra Leone's capital on Sunday as the country reached the third and final day of a sweeping, unprecedented lockdown designed to combat the deadly Ebola disease, volunteers said.

While most residents welcomed teams of health-care workers and volunteers bearing information about the disease, rumours persisted in pockets of the city that poisoned soap was being distributed, suggesting that public education campaigns had not been entirely successful.

The streets of the capital, Freetown, were again mostly deserted on Sunday in compliance with a government order for the country's six million residents to stay in their homes.

Spread by contact with bodily fluids, Ebola has killed more than 560 people in Sierra Leone and more than 2,600 across West Africa in the biggest outbreak ever recorded, according to the World Health Organization.

The disease, which has also touched Guinea, Liberia, Nigeria and Senegal, is believed to have sickened more than 5,500 people. THE ASSOCIATED PRESS

Drought. Central Valley residents rely on bottled water as wells run dry

Hundreds of domestic wells in California's drought-parched Central Valley farming region have run dry, leaving many residents to rely on donated bottles of drinking water to get by.

Girl Scouts have set up collection points while local charities are searching for money to install tanks next to homes. Officials truck in water for families in greatest need and put a large tank in front of the local firehouse for residents to fill up with water for bathing and flushing toilets.

About 290 families in East Porterville — a poor, largely Hispanic town of about 7,000

residents nestled against the Sierra Nevada foothills — have said their shallow wells are depleted. Officials say the rest of Tulare County has many more empty wells, but nobody has a precise count.

With California locked in its third year of drought and groundwater levels dropping, residents and farmers have been forced to drill deeper and deeper to find water. Lawmakers in Sacramento passed legislation to regulate groundwater pumping, which Gov. Jerry Brown signed into law this past week.

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Security tightened

Man who scaled White House fence identified

The man accused of getting inside the White House after scaling a fence is a veteran who was awarded a medal for his service in Iraq and retired due to disability, the U.S. Army said Sunday.

Authorities have identified the intruder as Omar J. Gonzalez, 42, of Copperas Cove, Tex., and the army said he had served from 1997 to 2003, when he was discharged, and again from

2005 to December 2012, when he retired.

Gonzalez was expected to appear in federal court Monday to face charges of unlawfully entering a restricted building or grounds while carrying a deadly or dangerous weapon — a knife, in this case.

The Secret Service tightened security outside the White House after the breach in which the intruder carrying a knife climbed the fence, ran across the lawn and entered the building.

The first family was away from the White House at the time. THE ASSOCIATED PRESS

Election results

Afghanistan names new president after power-sharing deal

Ending months of vote-related tension, Afghanistan's election commission named a new president Sunday only hours after the leading candidates signed a power-sharing deal that names one of them as the country's new chief executive.

The commission named Ashraf Ghani Ahmadzai as the winner and next president and said that his one-time rival, Abdul-

lah Abdullah, will fill the newly created position of chief executive. But it did not release final vote totals amid concerns that doing so could inflame tensions.

The deal brings to a close an election season that began in April, when millions of Afghans first went to the polls despite threats from Taliban militants, and ended when the two leading candidates signed a national unity government agreement.

In between, the Abdullah camp alleged that its cause was cheated by massive vote fraud.

THE ASSOCIATED PRESS

Will Nordstrom strike gold here?



HOW TO ROLL
Alison Griffiths
metronews.ca

Nordstrom has arrived in the frozen north, its Chinook Centre location having opened in Calgary last Friday. Hurrah! Finally, another place besides Holt Renfrew to buy \$100 pantyhose and \$200 T-shirts. I've been waiting a long time for a little more choice in my luxury shopping.

But here's a big question for investors: Will Nordstrom do a giant face-plant as Target did when it brought the big red ball to Canada?

Shortly after arriving in these climes last year, Target's share price climbed rapidly from \$58 US to \$73 US, and then almost as quickly slid to \$55. The stock has pulled itself back to nearly \$64, though its relationship with Canadians is still on rocky ground. On average, analysts covering the company have a 12-month \$60 target on Target.

In contrast, Nordstrom has been one of the more successful retail stocks in the last

Taking stock

Retail stocks in 2014 (to end of August):

- **The best:** Barnes & Noble Inc., +49%
- **The worst:** Aeropostale Inc., -61%

two years, during a period of incredible volatility in this already highly volatile consumer discretionary sector.

Since Target's Canadian launch, Nordstrom has marched upward from \$51.50 to nearly \$70. (Granted, there have been some big dips along the way, but it wouldn't be retail without the roller-coaster.) Analysts are predicting that the company, which offers you a place to drink Chardonnay with your Jimmy Choo shoes, will make it to \$74.

Target's Canadian swoon is attributed to a supply chain screwup, over-aggressive expansion and a total misread of the Canadian consumer.

In contrast, Nordstrom's success to date has been



Nordstrom recently opened its first store in Canada. THE ASSOCIATED PRESS FILE

credited to strong and cautious management south of the border, which bodes well for the rollout of a mere handful of stores here (Ottawa and Vancouver are planned for 2015).

That's all true, but there's more. Target in the U.S., especially for cross-border-shopping Canadians, was a destination. Shoppers loved the bright, friendly atmosphere and cheap clothes that were a tad sexier than the fare offered by the likes of Walmart.

Now brutal competition from other discounters plus the explosion in e-shopping has weakened Target's uniqueness.

Nordstrom, on the other hand, still has destination written all over it. Shoppers are drawn to the experience. It's nice to be fawned over while you empty your wallet.

I might still buy those \$10 T-shirts at Target, but when it comes to stock, I'd incline to Nordstrom.

G20 meeting. Canada's finance minister urges weaker economies to follow our lead

Different economic situations require different approaches to meeting the G20's economic targets, Canada's finance minister said Sunday as he urged Europeans to follow Canada's recession-busting model.

Though finance chiefs from the 20 largest economies said they will focus on infrastructure investment to help reach the goal of boosting world GDP by more than \$2 trillion over the next five years, that's not necessarily the direction Canada is headed, Joe Oliver said.

"The type of action that we can take is different than the type of action that some, but not all, European countries have to take," Oliver told reporters in a conference call from Sydney where he was leaving the G20 finance ministers' latest talks.

Oliver said the government's stimulus program from 2008 achieved its desired goals.



Joe Oliver
THE CANADIAN PRESS

Now, Oliver said, economic growth in Canada will come from increased labour mobility, lower taxes, trade and he hinted that more will be revealed in the next federal budget.

By contrast, some European economies are still fighting an uphill battle, Oliver said. THE CANADIAN PRESS

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RAISING THE ROOF ON GREENING THE CITY

There's no doubt being a so-called "green city" can be part of an effective marketing strategy.

The challenge is to be greener without creating a negative reaction from people who don't care about such things. The ongoing conflict between motorists and cyclists is a case in point.

Having fewer cars on our roads would improve our air quality, but achieving that goal isn't going to be easy. In the interim, we should be looking at green initiatives that don't cost millions of dollars or require the use of alien technology.

One of the options open to us is to champion the development of green roofs across the city, but with an emphasis on the downtown core.

The current development of the downtown is going to create more heat islands (a pocket that's warmer than its surrounding area because of human activity).

According to the U.S. Environmental Protection Agency (EPA), heat islands increase energy consumption; create more air pollu-



URBAN COMPASS

Terence Harding

edmonton@metronews.ca

tion and greenhouse gases; and affect water quality and human health. However, these negatives can be greatly offset through the development of green roofs.

A green, or living, roof is exactly what it sounds like. It's a roof that's covered with vegetation. Think of it as the building's lawn or garden. This kind of roof absorbs rainwater and provides insulation for the building. Research conducted at the University of Toronto has shown that they can reduce energy consumption in both winter and summer. They also help clean the air and attract birds and beneficial insects such as bees.

If Edmonton is serious about being a greener city, it could require that all new buildings have

green roofs.

This would not present a significant increase in costs to the developer. The latest figures available from the EPA estimate the cost of creating a green roof in the United States at between \$10

Can't lean on E.T.s to make us green

We should be looking at green initiatives that don't cost millions of dollars or require the use of alien technology.

and \$25 per square foot, depending on the type of roof.

Maintenance costs are estimated at \$0.75 to \$1.50 per square foot annually. The return on investment through reduced energy costs is slow, but a green roof is about more than money. It's about maintaining and improving the quality of life in our city.

If the city is serious about being more green, it could create tax breaks for the owners of existing buildings to encourage the development of green roofs. This would not present a huge cost to taxpayers and the benefits of this approach are well documented.

I also think that this is an approach that many Edmontonians would support.

Super troopers



Revellers dressed as stormtroopers of the Galactic Empire pause during a Star Wars parade in Madrid, Spain, over the weekend. ANDRES KUDACKI/THE ASSOCIATED PRESS

Thousands take part in Spanish Star Wars parade for charity

Thousands of revellers took part in a Star Wars parade for charity, over the weekend in Madrid.

Darth Vader, his guards and troops landed in Retiro Park to meet with all of the forces of

the empire.

Attendees were able to take photos with their favourite troops and engage in a friendly fight after the parade.

The event was part of a charity event for FEAPS Madrid, an organization that aims to promote the social inclusion of people with intellectual disabilities.

METRO

Who were the stormtroopers?

Stormtroopers are the elite soldiers of the Galactic Empire.

- These faceless enforcers of the New Order were considered an extension of the Emperor's will, and often used brutal tactics as a way to keep thousands of

star systems throughout the galaxy in line.

- With few exceptions, they are distinguished from all other military units by their signature white armour.

STARWARS.WIKIA.COM

MetroTube

How rude!



ANDREW FIFIELD
andrew.fifield@metronews.ca

Supremely gifted athletes such as Maria Sharapova earn praise for their otherworldly focus in the sort of high-pressure situations that would crush lesser mortals like us. But perhaps its time we give a little of that same love to musicians. Flutist Yuki Ota has certainly earned it, after advancing to the second round of an international competition despite this rude interruption from the loveliest of insects — lovely and rude. (Odensesymfoni/YouTube)



THE CANADIAN PRESS FILE

Twitter

@metropicks asked: A Canadian-led study into the "Jesus in Toast" phenomenon — why people see famous faces in objects — won a science prize for funny research. Which weird phenomenon would you like examined?

@Laurenkparsons: when you can't think of something and you walk through a doorway to remember.

@trifur: kinda looks like Bob Marley to me.

Join the conversation @metropicks

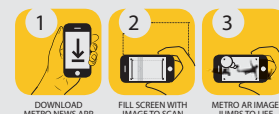


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 9 in News, page 13 in Scene and page 21 in Sports.

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Lady Gaga talks recovery from the 'pain of fame,' split with manager

Flying free. Working on album with Tony Bennett helped singer get her groove back

After hip surgery and parting ways with her longtime manager, Lady Gaga says things are looking up.

"I'm very centred now. I meditate a lot. I'm happy. I am more sober than I've ever been," said the singer. "It's a very happy time in my life."

Last year, Gaga parted ways with longtime manager Troy Carter, who helped the pop star achieve multi-platinum status, dominate the pop charts and win multiple Grammy Awards. She said she was overworked and that greed led to their split.

"Part of what was making my sort of artistic experience so unpleasant was that I felt that I was not able to truly freely fly as an artist," she said. "In some ways my talents were not being used to their full potential."

Gaga says part of her happier state of mind comes from working with Tony Bennett on the album *Cheek to Cheek*, out on Tuesday.

The 28-year-old is currently on an international tour that wraps Nov. 24 in Paris. Calling from Istanbul, she spoke about being unhappy, letting go of her manager and her under-selling ARTPOP album.

Did your disagreements with management affect the making of ARTPOP?

It certainly affected my mind during ARTPOP. I would have to say that whole situation had less to do with creativity differ-



Scan this photo with your Metro app to see a video of Lady Gaga and Tony Bennett singing *I Can't Give You Anything But Love*.
KARIM SAHIB/AFP/GETTY IMAGES

ences and more to do with me really needing some time for myself to be creative.

My schedule was way too difficult. I was not able to keep up and my whole business became very focused on making as much money as possible as quickly as possible, which is really not where my heart is.

My integrity as a musician is so much more important to me than money ... While I was making ARTPOP, I was very tired. I'm actually very proud of ARTPOP. As much as it's had a lot of criticism, I think a lot of that had to do with where I am in my career, I've been on top for a long time. I think it's the

nature of this industry; we love to build them up to tear them down.

You sound like you're in a good place. Is that spilling over to the new music you're creating?

It is in the very super-early stages. I'm always writing music. I was up all the other night here in Istanbul writing and they had a lovely piano in my room and I was so excited, especially when I get to play a real stringed piano, not an electronic one; that always makes me happy. I've been writing some (songs) that I'm really sort of surprised at myself.

I have a lot of pain built over the past few years. It was very difficult being on the road for the *Born This Way* Ball without having a full, proper team around me. I was going through a lot of pain with my body that led to the hip surgery. I call it the pain of fame: Your life changes a lot and the people that are around you, they change too.

Money makes people crazy and they see your life change and all of the luxuries and the things that come with becoming a star and they think, "I've known her my whole life ... or I've been here this whole time, I deserve all of that, too."

U2 released its new album alongside Apple, and Jay Z and Beyoncé also released recent albums in unconventional ways. What do you think about that and do you think of innovative ways to release music when readying a project?

I think honestly what we need to be doing, and this is my opinion, is instead of trying to

find ways to trick the world into focusing on the album for a brief moment, I think that artists need to speak more about how media treats the artists and making the distinction between the celebrity and the artist, because everything is all in one pool now isn't it? We're all the same and there are some pretty terrible celebrities out there, let's be honest, right? People famous for no reason.

So, I think the more the media can help us to support the artist and support music in a way that's maybe less critical for journalists that are not as knowledgeable about music and help to just spread the music and see the music as gift to the world.

I really believe that once the press becomes more kind, I think a lot of the things in the universe are going to change.

It makes me scared when I hear that there's pro-ISIS (Islamic State of Iraq and al-Sham) rallies in America because I think that social media has created this sort of negative undertone in the universe. People feel that they can say or do anything; it makes them feel a sort of comfort when really it's just giving hatred a petri dish to fester.

I know that was sort of a random answer for a question about album marketing. I really believe it lies in the hearts in the people that are writing about the music. The more we honour and support the artist, the more the art will live on forever. Otherwise, it's going to continue to be what I think pop music is now, which is sort of this giant tabloid. It's become quite trashy, in my opinion. **THE ASSOCIATED PRESS**

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Kravitz can still Strut at 50

Dynamics of love.

Singer's new album bares the grit and glamour of relationships

At 50, Lenny Kravitz is an American in Paris.

Now, after turns designing shoes and acting in *The Hunger Games*, he's returned to music with a new album he says just poured out of him during shooting of the box-office smash.

Best known for the 1991 single *It Ain't Over 'til It's Over*, Kravitz says inspiration struck on set as he played Cinna, the stylist to Jennifer Lawrence's heroine. "I wasn't even planning on making an album. I was just working on the film. In the night, just all this music..." he told AFP in an interview in Paris.

Kravitz describes the album, entitled *Strut*, has grit and glamour, plus a lot of sensuality. He appears on the cover in a black and white photograph, displaying a large tattoo on his bare chest, dressed in a dinner jacket and dark glasses.

He says the music itself is about love and relationships.

"All the different dynamics that you would have from lust to sex to heartbreak to desperation to devotion to misunderstood love," he said.

Kravitz has been living in Paris on and off for nine years and his last video was set in the city. "I think it's a pretty sexy city, esthetically it's gorgeous — the architecture, the design ... it's very inspiring..." he said.

After nearly a decade, Kravitz is very much at home in France. In 2011 he was awarded France's highest cultural honour: the Order of Arts and Letters.

Writing his 10th album, which is due to be released on Tuesday, the songs came very

A little night music

"I wasn't even planning on making an album. I was just working on the film. In the night, just all this music."

Lenny Kravitz was struck by inspiration on the set of *The Hunger Games*

naturally.

"Every time I make an album, it's always different. This album just happened like this!"

he said.

The last song on the album is a cover, something Kravitz says he rarely does. But an un-

expected blast of the 1965 hit single by The Miracles, *Ooo Baby Baby*, left him marvelling. "I hadn't heard it for a long time (and) it sounded so beautiful," he said.

And on reaching his half-century, he is philosophical. "The number doesn't really mean anything. I feel great. I've never felt better than I do now ... physically, mentally and spiritually," he said. **AFP**



The cover of Lenny Kravitz' new album, *Strut*. CONTRIBUTED

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Ebooks



The Maze Runner: Movie Tie-In Edition

By. James Dashner

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MIND THE APP
Kris Abel
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The book is a dark, sinister tale of boys trapped within an ultra-violent experiment to test their survival. The movie is a strangely sporty, feel-good adaptation. Loaded with video clips, photos, and featurettes, this enhanced edition makes for a useful comparison. With its made-up language and more honest portrayal of youthful despair, the book better serves its dark, challenging themes.



Angelina Jolie. AFP FILE

Africa. Jolie to direct epic about elephant poaching

Angelina Jolie is to direct a "sweeping epic" film about veteran Kenyan conservationist Richard Leakey's fight with ivory poachers, the studio behind the movie said Friday.

The Oscar-winning actress — whose latest film as director, *Unbroken*, is out in December — will go behind the camera once again for Africa, with a screenplay by another Oscar winner, Eric Roth.

"I've felt a deep connection to Africa and its culture for much of my life," Jolie said, praising Forrest Gump

writer Roth's "beautiful" script.

The film is about "a man drawn into the violent conflict with elephant poachers, who emerged with a deeper understanding of man's footprint and a profound sense of responsibility for the world around him," she said.

Leakey, 69, former head of the government's Kenya Wildlife Service, was key in stemming the rampant poaching of the late 1980s, using extreme measures, including sending helicopter

gunships into national parks.

Kenya's elephant and rhino populations recovered from the brink of disaster, but more than two decades later, the east African nation is once again facing soaring levels of poaching.

The new movie for Skydance Productions will be produced by Jolie, David Ellison, Dana Goldberg and Jon Peters.

She will team up again with renowned cinematographer Roger Deakins, who also shot *Unbroken*.

Ellison called Leakey "inspirational," saying: "Africa is a story that deserves to be told."

"I know that it will exceed my expectations in Angelina's hands," he added.

Jolie is currently directing *By the Sea*, based on her own screenplay and in which she co-stars with her husband Brad Pitt, as well as Melanie Laurent and Niels Arestrup.

Unbroken is about Olympian and Second World War POW survivor Louis Zamperini. **AFP**

Clay's on the campaign trail, and he wants to talk celeb selfie leaks

A new batch of nude selfies supposedly belonging to celebrities like Kim Kardashian, Vanessa Hudgens, Lake Bell and Avril Lavigne hit the web over the weekend, flooding Twitter and Reddit. It's unclear whether this new batch of photos, coming three weeks after the massive iCloud hacking celebrity photo leak, are authentic, and reps for the women have had no comment.

But you know who does have a comment? Clay Aiken. Because obviously everyone was waiting for him to chime in on the subject. "Anybody who takes inappropriate pictures of themselves deserves exactly what they get," Aiken tells the Washington Post. "Of course whoever (stole and released the photos) should be hogtied. And it's unfortunate that we don't have Internet security right now or the laws in place to protect people from



Clay Aiken ALL PHOTOS: GETTY IMAGES

pirating that stuff." Maybe Aiken, who is running for a congressional seat in North Carolina, can make that part of his platform: admonishing people for their personal choices and trying to stop "pirating that stuff." Has a nice ring to it.

t.A.T.u singer is OK with someone being gay — just not if it's her son

I know we've all been waiting to hear what the girls from t.A.T.u., the faux-lesbian one-hit wonder Russian duo, think about homosexuality, considering the increasingly hostile environment toward gays and lesbians in Russia. Well, I've got some bad news. Singer Julia Volkova would not be too thrilled if she ended up with a gay son. "Yes, I would condemn him, because I believe that a real man must be a real man," she said during an appearance on a Ukrainian talk show. "God created man for procreation, it is the nature. ... I won't accept a gay son." But don't worry, guys. Some of her best friends



Julia Volkova

are gay and she's totally down with them, so long as they're not related to her. "I'm not against gays, I just want my son to be a real man, not a f—," Volkova adds. Oddly enough, she didn't say how she'd feel about having a daughter who pretended to be a lesbian to boost album sales.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week



Matt Damon is ready to be Bourne again



STARGAZING
Malene Arpe
scene@metronews.ca

This Week in Reboots: 1) I Know What You Did Last Summer is getting a redo. 2) Matt Damon may finally reprise his Jason Bourne role. 3) Casting begins for the sort-of sequel to Richard Linklater's *Dazed and Confused*. 4) King Kong is getting yet another wake-up call for *Skull Island*. 5) Richard Lugner, an 81-year-old Austrian construction mogul, marries 24-year-old Playboy model Cathy Schmitz.

After berating a wheelchair user for not standing up at his concert,

Kanye West says the media should stop "demonizing" him as he's a "married, Christian man with a family." He went on to explain that, as an avid fan of the Ming Dynasty, he's upset over the price of vegetables and will start sleeping in on the weekend.

This Week in Pop Tarts:

1) Selena Gomez got bangs. 2) Demi Lovato says a fan farted on her. 3) Ariana Grande reportedly said she wishes her fans would just die.

Martha Stewart says of Gwyneth Paltrow and GOOP, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Martha Stewart has now officially reached the age known as "Watch me expertly fold this linen napkin into a flock of swans while not giving one silent, ladylike burp what you think."



Ben Affleck

Ben's a gambling man who likes to count cards

That story about Ben Affleck getting kicked out of a Las Vegas casino for counting cards at blackjack? "That is a true story," he confirms to *Details* magazine. "I knew with blackjack that there's a way you can improve your odds, and so I started trying to learn. And then I just got to a point in my life where I'm like, 'If I'm going to do something, I'm going to try and do it really

well.' It was sort of presented like I did something illegal. You know what I mean?" We do, Ben. We do. The new Bruce Wayne thinks the whole system is messed up, man. "Once I became decent, the casinos asked me not to play blackjack. I mean, the fact that being good at the game is against the rules at the casinos should tell you something about casinos," he says.

Shonda Rhimes is angry — so deal with it

Shonda Rhimes read Alessandra Stanley's New York Times piece about her being "an angry black woman" and "a romance writer" in relation to the new show *How to Get Away with Murder*, and Rhimes is, well ... angry. "Wait. I'm 'angry' AND a ROMANCE WRITER?!" Rhimes posted to Twitter. "I'm going to need to put down the internet and go dance this one out. Because ish is getting real." She also helpfully pointed out a glaring error in



Shonda Rhimes

Stanley's story: Rhimes isn't actually the creator of *How to Get Away with Murder* — Pete Nowalk is. He's white and male, but possibly still angry.

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3
LIFE

Raising kids is expensive, so set their priorities early

Baby steps. A child-specific budget will help control and balance their costs with family's needs



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Kids are expensive. Never mind what some people are prepared to spend to get them here — getting them “independent” can cost a small fortune.

You may need a bigger car. You may need a bigger home. And then there are all the costs of keeping your mini-me fed and clothed, dental bills, school supplies, hockey, ballet, soccer, karate — the list can seem endless.

The first year of a child's life is often pretty expensive. Not surprising, when you think of all the gear we have to get to bring baby home. And the cost of diapers!

It also comes as no surprise that costs go up when kids hit their teenage years.

So how do you get your kids to self-sufficiency without going broke? You make a budget.

Although many of the hard costs (food, the roof over their heads, transportation) fall naturally into your budget, there are costs that are uniquely associated with the kids. One kid is happy to live in jeans and T-shirts, while another won't wear anything



Parents sacrifice a lot for their children, but making the right choices early can help keep everyone happy. iStock

but American Eagle. If Junior is a sports maniac, there are league fees, equipment costs and transportation costs. Never mind all the eating out on the road.

The trick to not letting kids' expenses get way out of hand is to allocate a specific amount to each child's activities and needs, and stick with the plan.

Start by listing all the things your children do. Their needs won't be the same, and spending equally on them won't be more fair. Giving them what they need, when they need it, is the goal. Over time, as their needs shift, so

should the way you allocate the money. And, over time, it should all come out even.

Some parents struggle with meeting their kids' needs while staying afloat financially. If you're a single parent or your family is living on one income, make sure you're claiming the eligible dependent amount on your tax return.

There are lots of other expenses that may be claimed on your tax return to mitigate your costs. Paying for a babysitter? Sending your kid to camp? Claim child-care expenses on the lower net income to get the biggest benefit. Get and keep your receipts

to make your claim stick if it's challenged.

And don't forget about the child fitness amount of up to \$500 per year per child 16 and under, for everything from soccer to gymnastics.

Your kids' budget should include a regular amount set aside for educational savings. If you start early, you don't have to set aside a lot, and each dollar you put into an RESP can help your child earn up to \$500 a year in free grant money.

Don't make enough money to save for school?

If you receive the National Child Benefit Supplement,

and your children were born in 2004 or later, you can get up to \$2,000 in free money for each of them.

Get a Social Insurance Number for them, open up an RESP and apply for the Canada Learning Bond. You'll get \$500 in the first year and up to \$1,500 more by the time they turn 15.

When shopping for an RESP, make sure you stick with an individual or family plan offered by most financial institutions. Steer clear of the group plans or “scholarship trusts,” which have come under fire for being both expensive and inflexible.

Kids cost money, no question. We sacrificed fancy furniture and vacations in the early years. And my entertainment was sitting and watching my kids as they learned about the world.

Those were some of my happiest years. We had a ball.

I shopped garage sales and second-hand stores, shared what I had with friends, and chose one activity at a time for my kids so they weren't overwhelmed and I didn't go broke.

It's all about the choices we make and about figuring out what's most important so we can prioritize those choices.

Kids don't arrive in designer labels, and they don't much care about stuff until someone teaches them to be concerned about what other people think.

Dodge that bullet and you can save yourself a fortune.

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Arugula Lentil Sweet Potato Salad. This dish is full of antioxidants, protein and fibre



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Here's a vegetarian delight using one of the most nutritious greens: arugula.

This veggie is full of antioxidants that are known to fight free radicals to reduce

Nutritional information

Per serving: 248 calories; 38.3 g carbohydrates; 6.6 g fibre; 8.4 g protein; 11.7 g total fat; 3.6 g saturated fat; 19.3 mg cholesterol; 172 mg sodium

the risk of cancer.

The protein and fibre in this salad come from the lentils, which are known to lower cholesterol, prevent heart disease and stabilize blood sugars to prevent Type 2 diabetes.

Sweet potatoes are more nutritious than white pota-



TOTAL TIME
ABOUT 20 MINUTES

Ingredients

- 2 cups peeled, diced sweet potato
- 8 cups arugula or spinach
- 1/2 cup black or green cooked lentils (freshly cooked or canned)
- 1/3 cup dried cranberries
- 1/2 cup sliced red onion
- 1/3 cup crumbled goat cheese

Maple Dressing

- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

This recipe serves six. ROSE REISMAN

atoes, with more fibre and antioxidant. They are also a lower glycemic vegetable than the white potato.

Sweet potatoes' natural sweetness goes well with spicy arugula.

Directions

1. Preheat the oven to 450 F. Spray a baking sheet with vegetable oil. Bake the sweet potatoes for 10 minutes or just until they are tender. Cool.

2. In serving bowl add arugula, lentils, cranberries, onion, goat cheese and sweet potatoes. Combine all of the ingredients for dressing, pour over salad and mix well.

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Why leaning in is not for Zosia Mamet

Girls gone happy.

The actress, musician and columnist talks about pursuing passion and joins forces with Glamour to empower women to make a mark

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Metro in New York City

Zosia Mamet is living proof that even if you don't think you can get a job you're going for, you should still try.

Along with her three co-stars, Mamet burst onto the scene two years ago with the premiere of the hit HBO show *Girls*. But many fans may be surprised to learn that after auditioning, Mamet was convinced that she would never get the role of Shoshanna.

"I was very ill. I had pneumonia," the 26-year-old Mamet recalls of the tape she sent in to the show's casting director. "I

Choosing pleasure over the power suit

"I feel like often women are knocked for making choices that make them happier because they are not necessarily grand choices, and I think that is how feminism has become bastardized." Zosia Mamet

had no makeup on and I made it in a barn in upstate New York. I did one take because I was so sick, so I thought my chances were slim, but I was wonderfully surprised."

We recently caught up with Mamet to get her personal definition of success and to find out why she says she's not going to lean in.

How do you define a woman who is making her mark?

I think it's anybody who is contributing in a strong way to the world, or to their community or to their profession or their creative endeavour. There are many, many vast ways to make your mark. That's what (the *Skyla Make Your*

Mark contest is trying to do): To inspire and engender amongst women the idea that you can make your mark in so many ways. And you should feel good about whatever way that is.

You once wrote a Glamour column about the Lean In movement and how that's not for you. Can you talk more about that?

I rewatched *Baby Boom*, that Nancy Meyers movie. I've been a fan of the film since I was a wee tot, but I hadn't watched it in a few years as being sort of as an older human. And seeing this character who chose something other than the path that everyone thought she should choose, and



Perhaps best known for playing Shoshanna Shapiro on the HBO original series *Girls*, Mamet has also appeared in *Mad Men*, *United States of Tara* and *Parenthood*. GETTY IMAGES

how it actually ended up making her happier than she was.

I feel like often women are knocked for making choices that make them happier because they are not necessarily grand choices, and I think that is how feminism has become bastardized.

I felt very much in the same that you are making your mark as a woman no matter what you do — whether you are a CEO or a mother. But it's just the specific way that you're doing it, and if you're doing it with passion and confidence, then that's the most important.

I also heard that once when you were a little kid, you heard a bunch of grown-ups talk about work and you became

really sad about that.

I used to sneak into my parents' dinner parties and there was this common theme where people would start bitching near the end of the dinner party because they had to go home because they had to get up for work.

They would bitch about work and how they hated their jobs, and I didn't understand as a kid.

You're given this blank slate; why would you choose to do something that makes you unhappy? If you want to be a painter, be a painter. If you want to be a doctor, go be a doctor, you know?

And of course being an adult now I realize that sometimes there are things that keep you from your passion. I was just so saddened by it. To me, you

Making her own mark

It's been a busy couple of months for Mamet.

- In addition to working on *Girls* and her next album, she's also been writing a regular column for *Glamour* magazine.
- Mamet and the magazine recently teamed up with Bayer HealthCare to launch the *Skyla Make Your Mark* contest, which seeks to promote young women from all walks of life who are making an impact in their fields.

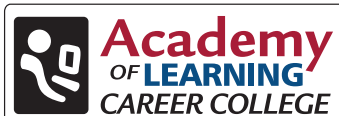
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When tweets are more tasteless than teehee

Dear Metro,

I noticed one of my young co-workers posting rude comments on Twitter. The things he's saying are not only inappropriate — they reflect badly on our company. He deserves to be reprimanded for this behaviour, but I don't necessarily want to get him in too much trouble so early in his career. What should I do?

— Don't Wanna Rat



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear DWR,

When it comes to tweeting your mind, there can be a fine line between self-expression and self-sabotage. Lots of RTs might make you feel invincible, but you're certainly not: more and more, social media fumbles lead to hard dismissals. Just last month in Ottawa, Opera



We've all got a peeve or two we dream of making public, but your boss may not find a broadcasted bash session as funny as this guy. ISTOCK

Lyra singer Valerian Ruminiski made the news after a Facebook post mocking a man's bejewelled Pride Week manicure got him booted from the company.

With that in mind, it seems this kid needs a lesson in consequences. If

you feel your colleague has promise — maybe his comments fall more into the “provocatively dirty” camp than the “outwardly prejudicial” camp — you could take him aside for a discreet but on-the-level chat. Tell him you came across

his feed, and wanted to let him know that he could be plunging himself into a big, job-threatening mess.

If your workplace has an on-paper social media policy, remind him of the guidelines — and of the should-be-obvious fact that

the digital sphere is by no means a private one. He should probably delete the problem tweets and definitely bolster his security settings. Or better yet, not broadcast damaging things to begin with.

But on that note, it's

worth questioning whether this person deserves to be reprimanded.

There is zero defence for tweeting sexist, racist or homophobic comments of any sort.

And with a worker's out-of-office behaviour increasingly regarded as a reflection of their company's brand, employees should assume that bigoted online speech is a fireable offence. (In addition to being an offence, full stop.)

But the slope can be slippery, particularly if an employer seeks to limit their staff's freedom to express political or religious viewpoints — or just to show their after-5 p.m. personalities, vulgar as they may be.

It's difficult to judge without knowing the content of your co-worker's remarks, but within limits, we should have the right to be rude.

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Sunseri goes from playing goat to hero

Overtime thriller.
Inexperienced QB leads Riders' charge in come-from-behind over Redblacks

Tino Sunseri turned the boos he heard at halftime into a standing ovation at the end of the game.

In just his second start in the CFL, the second-year quarterback rallied the Saskatchewan Roughriders to a thrilling 35-32 victory in overtime over the Ottawa Redblacks at a sold-out Mosaic Stadium in Regina on Sunday.

Sunseri engineered a last-minute touchdown drive that tied the game at 32-32 and then set up the winning field goal by Chris Milo in overtime.

"I never saw doubt in his eyes," Riders head coach Corey Chamblin said of his quarterback.

Milo's game-winning kick in overtime was a 22-yard boot and it was his second opportunity to win the game. On the Riders' first overtime possession, he had to deal with a bad snap and his 37-yard attempt sailed wide.

Redblacks kicker Brett Maher had his game-tying, 37-yard field goal attempt blocked.

"We came in here at halftime and looked each other in the eye and said, 'Shoot, that's not how we wanted the first half to go,'" Sunseri said. "But we had 30 more minutes to put our statement on this game."



The Roughriders' Weston Dressler returns a punt for a touchdown while teammate Woody Turenne blocks Redblacks kicker Brett Maher on Sunday in Regina. LIAM RICHARDS/THE CANADIAN PRESS

The Riders mustered just 26 yards passing in the first half and were booed off the field as they trailed 22-10 at halftime. In his first start a week ago in Hamilton, Sunseri struggled mightily. He managed just nine completions and 88 yards on 22 pass attempts in a 28-3 loss to the Tiger-Cats.

But Sunseri found a groove in the second half on Sunday.

On his team's first possession of the third quarter, Sunseri hooked up with Will Ford on a 23-yard touchdown strike. Sunseri's second touchdown toss of the second half came early in the fourth quarter and stirred talk of a pos-

Dazzling in defeat

Quarterback Henry Burris was a one-man offensive show for the Redblacks. Burris was 23-for-38 passing for 282 yards and three touchdowns. He also had a touchdown.

- "It stings because we had this game won," Burris said, after his team fell to 1-10 on the season.

sible comeback by the home team. A 60-yard passing play to Weston Dressler pulled the

Riders to within five at 29-24.

After a late field goal from Maher that pushed the Ottawa lead to 32-24, Sunseri's stage was set for a thrilling, last-minute scoring drive.

Sunseri completed passes to Dressler, Brett Swain and Chris Getzlaf before a pass interference penalty moved the Riders to the Ottawa one-yard line with 54 seconds remaining in regulation. One play later, running back Anthony Allen plunged ahead for a one-yard touchdown run to pull the Riders to within two at 32-30. Dressler caught the two-point convert to pull the Riders even. **THE CANADIAN PRESS**

Stamps taste defeat

Als put on vintage performance

With stars of the past like Ben Cahoon and Uzooma Okeke in the house, the Montreal Alouettes looked a little like the CFL East powerhouse they used to be.

Jonathan Crompton, who is starting to find his range at quarterback, threw touchdown passes to James Rodgers and Duran Carter as the Alouettes ended the injury-depleted Calgary Stampeders' six-game winning run with a 31-15 victory in the Hall of Fame game on Sunday.

The victory allowed Montreal (4-8) to keep pace with Hamilton and Toronto atop the woeful CFL East Division with four wins.

Crompton is now 3-1 as a starter since taking over from injured Troy Smith. All three wins came at home.

THE CANADIAN PRESS

Pigskin caper

Pinball's ring set to be whole again

RCMP say Michael (Pinball) Clemons will be getting his Grey Cup ring back after it was taken by a woman at B.C. Place Stadium during the Toronto Argonauts' 40-23 win over the Lions on Friday.

The former Argos star and current team vice-chair reportedly threw one of his four championship rings into the crowd for fans to look at during the game when a woman walked away with it. According to police, a 30-year-old Nanaimo woman later returned the ring to RCMP officials.

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Oilers forward Nail Yakupov takes a hit from Flames defenceman Deryk Engelland during a split-squad game on Sunday in Calgary. The teams' other split-squads also played Sunday night in Edmonton. JEFF MCINTOSH/THE CANADIAN PRESS

NHL pre-season. Oilers return to ice vs. Flames

Justin Schultz had a goal and an assist as the Edmonton Oilers started off the pre-season schedule with a 3-1 split-squad victory at home over the rival Calgary Flames on Sunday night.

Marco Roy and Ryan Nugent-Hopkins also scored for the Oilers, while Curtis Glen-cross responded for Calgary.

The rest of the rosters for both teams played a game in Calgary at the same time.

Edmonton's third overall 2014 NHL draft pick Leon Draisaitl made an immediate impact in the game. Just 1:28 into the first period, Draisaitl made a nice cross-ice feed to a hard-charging Roy, who sent the puck past Flames goalie Joni Ortio.

The Flames tied the game up five minutes into the first on a power play as a Kris Russell point shot was deflected in the slot by Glen-cross, catching Edmonton starter Ben Scrivens off guard.

The Oilers went up 2-1 midway through the first as Schultz carried the puck into the zone with speed and then banked a shot from behind

In Calgary

TJ Brodie scored the only goal as the Calgary Flames opened up the pre-season Sunday night with a 1-0 split-squad victory over the Edmonton Oilers.

- The goal came 2:06 into the second period on a power play. Set up nicely on a cross-ice pass from Max Reinhart, the Flames' 24-year-old defenceman leaned into a slapshot and fired a laser into the top corner over Viktor Fasth's blocker.

the goal off of a Calgary defender and into the net.

Edmonton took a two-goal lead with a power-play goal six and a half minutes into the second period as Nugent-Hopkins moved in from the point and took a shot from just past the top of the face-off circle, utilizing a Greg Chase screen to beat Ortio stick-side.

THE CANADIAN PRESS

Seahawks handle Broncos' late push

Super Bowl rematch.

Manning's heroics come up short as Wilson puts game away on first possession of overtime

Once Peyton Manning had completed a frantic fourth-quarter rally to force overtime, Russell Wilson could admit to being a little selfish.

Wilson wanted the spotlight himself—to put together one final drive, keeping Manning sitting on the sideline as a spectator and making sure the Super Bowl rematch went in favour of the champions.

"I can't wait for those moments, those big-time moments and have guys to continue to believe in what we do," Wilson said. "That was a great experience tonight."

Wilson kept Manning and the Denver Broncos from seeing the ball in overtime. He led Seattle on an 80-yard drive on the first possession of the extra session, capped by Marshawn Lynch's six-yard touchdown run for a 26-20 victory over the Broncos on Sunday.

The Super Bowl rematch lived up to the billing of what everyone expected in February and never transpired. The 43-8 blowout by Seattle (2-1) was replaced this time by Denver (2-1) rallying from a 17-3 fourth-quarter deficit to force overtime by going 80 yards against the best defence in the NFL in the final minute of regulation.

And then Wilson upstaged



Seahawks running back Marshawn Lynch dives over the Broncos' Aqib Talib and into the end zone for the game-winning touchdown in overtime on Sunday in Seattle. Scan the image with the Metro News app for more NFL results from Sunday. JEFF GROSS/GETTY IMAGES

On Sunday

26

Seahawks

20

Broncos

four of six passes.

Lynch went the final six yards for the win.

"I don't think anyone ever doubts Russell. He's just too good," Seattle tight end Zach Miller said. "If you think he's struggling at all, you know he's going to make plays like he did with his feet. He was so huge there in that second half and overtime. You always trust in him."

After being hesitant to run in regulation, Wilson scrambled for first downs in overtime. His seven-yard pass

to Percy Harvin was the precursor to Lynch's TD run and a collective exhale after Manning's dramatics in the fourth quarter.

Wilson finished 24 of 34 for 258 yards and touchdown passes of 39 yards to Ricardo Lockette and five yards to Lynch, both late in the first half. Wilson rushed for 40 yards, most coming in overtime, while Lynch added 88 yards rushing.

"That really was a championship game today," Seattle coach Pete Carroll said.

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Pirates increase their lead over Brewers



The Pirates' Ike Davis attempts to break up a double-play at second as Brewers shortstop Jean Segura throws to first base in Pittsburgh on Sunday. The Pirates won 1-0. GENE J. PUSKAR/THE ASSOCIATED PRESS

NL playoff push.

Pittsburgh now has a 4 1/2 game cushion on Milwaukee for wild card

Vance Worley is used to his body breaking down at this point in the season.

An unexpected break allowed the Pittsburgh Pirates' right-hander to regroup. He responded with his sharpest outing in two months to push the fading Milwaukee Brewers closer to an extended vacation of their own.

Bumped from the starting rotation in favour of a seemingly healed Charlie Morton last week, Worley returned with eight sparkling innings in Sunday's 1-0 win over the Brewers as the surging Pirates closed in on a second consecutive playoff berth.

Russell Martin singled home Andrew McCutchen in the seventh inning and the Pirates trapped speedy Carlos Gomez in a rundown in the ninth for the win.

Pittsburgh moved 4 1/2 games in front of Milwaukee for an NL wild-card spot with a week to go. Worley (8-4) scattered four hits and the Pirates used some smart fielding in the ninth to help all-star setup man Tony Watson pick up his first save of the year.

"I got the start off, got some time to get my feet back under me," Worley said. "This is the deepest I've gone into the season the last couple years with injury, so this was good for me."

Certainly looked like it. The Pirates sent Worley to the bull-

On Sunday

1

Pirates

0

Brewers

- The Pirates improved to 51-30 at home, their best season at PNC Park since it opened in 2001 and their highest win total since going 53-28 at Three Rivers Stadium in 1992.

- They did it on a day they set a franchise record for single-season attendance, topping 2.4 million on the year.

pen last week when Morton returned from a sports hernia. Morton pitched five shutout innings in a victory over the Red Sox only to have the hernia flare up late in his outing. He's gone indefinitely and Worley is back in and probably not going anywhere after striking out five and not issuing a walk while throwing 63 of his 82 pitches for strikes.

"Vance wasn't nipping," said Martin, his catcher.

The Brewers — who led the Pirates by 9 1/2 games in May — dropped two of three in the series, scoring just three runs in 27 innings.

Brewers starter Wily Peralta (16-11) was every bit Worley's equal. Martin's single was the first Pittsburgh hit to reach the outfield grass. Still, it wasn't quite enough as the Brewers fell to 2-13 in their last 15 road games.



The Royals' Norichika Aoki celebrates after hitting a two-run triple against the Tigers on Sunday in Kansas City, Mo. CHARLIE RIEDEL/THE ASSOCIATED PRESS

AL Central. Tigers not yet a lock to win division

Detroit is in prime position to win its fourth consecutive AL Central title. So while a sweep in Kansas City would have been nice, Tigers manager Brad Ausmus was feeling pretty good as he headed home for the last part of the regular season.

Rick Porcello was knocked out in the fourth inning, and the Tigers went on to a 5-2 loss to the Royals on Sunday.

Kansas City pulled within 1 1/2 games of Detroit for the top spot in the division. The Tigers finished a 3-3 road trip.

"Certainly it's nice to get two out of three," Ausmus said. "If we would have swept, I would have liked it even more. But we got one out of three in Minnesota so the road trip wasn't what we would have liked. It's hard to sweep and it's difficult in their ballpark."

The Tigers finish with seven home games against Chicago

Kansas wait nearly over

The Royals, looking for their first playoff appearance since they won the World Series in 1985, stayed in position for a wild card with the win over the Tigers.

and Minnesota, the two bottom teams in the division. The Tigers are 3-4 at home against the White Sox, and 3-3 against the Twins.

"Sometimes it's not who you are facing, it's when you are facing them," Ausmus said. "And a lot of times it's a particular team matching up well. There's not always an answer to something like that. It's just baseball."

"I'm not comfortable. We can't take either of these teams lightly." THE ASSOCIATED PRESS

Hopes fading

Jays drift farther out of playoff race

Masahiro Tanaka made a triumphant return from an elbow injury that sidelined

him for 2 1/2 months and a rejuvenated Derek Jeter got yet another big hit on his final homestand, leading the New York Yankees over the Toronto Blue Jays 5-2 on Sunday.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

If you believe from start that something will go wrong, you increase the chances of failure ten-fold. Whatever you are involved with this week, keep telling yourself that you know it is going to succeed.

♉ Taurus

April 21 - May 21

Be careful you don't offend people by making a joke about things they take very seriously. The world would be a better place if everyone could laugh at misfortune but it won't happen.

♊ Gemini

May 22 - June 21

Don't worry about money or problems because the Sun's change of signs tomorrow means you will soon have more enjoyable issues to focus on.

♋ Cancer

June 22 - July 23

You are torn between doing something you enjoy but which won't bring financial success, and doing something you don't enjoy that could be profitable. Be true to your instincts.

♌ Leo

July 24 - Aug. 23

You may fear losing something you are attached to but if it's got to go it's got to go and there is nothing you can do about it.

♍ Virgo

Aug. 24 - Sept. 23

Before starting anything new over the next few days remember your head will have to live with the consequences of what your heart decides.

♎ Libra

Sept. 24 - Oct. 23

Is it in your interests to follow a certain course of action? Your mind may be confused today but tomorrow, when the Sun moves into your birth sign, all will be clear, so leave it for now.

♏ Scorpio

Oct. 24 - Nov. 22

It doesn't matter how much you own or how much you earn. If you are happy with your lot, you don't need a lot. Bear that in mind over the next few days.

♐ Sagittarius

Nov. 23 - Dec. 21

A window of opportunity is about to close and if you don't take advantage of it right now it may be shut forever. There will be other opportunities but why waste this one when it seems tailor-made for you?

♑ Capricorn

Dec. 22 - Jan. 20

What happens over the next few days will have a big impact on your career. For that reason alone you must do the best work you possibly can.

♒ Aquarius

Jan. 21 - Feb. 19

A difficult time of year is drawing to a close and when the Sun moves in your favour tomorrow it will feel as if a load has been lifted from your back.

♓ Pisces

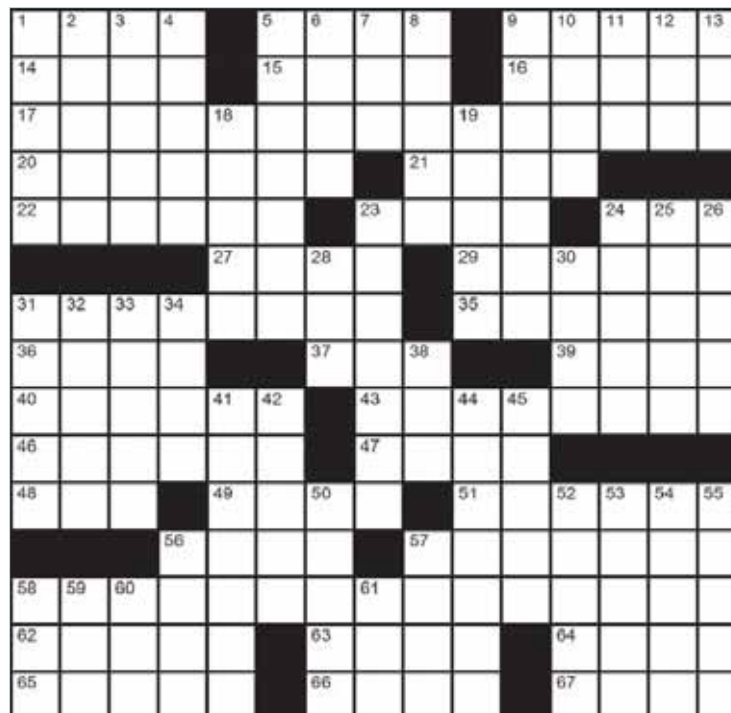
Feb. 20 - March 20

An issue you had forgotten about will return to annoy you today and this time you have got to deal with it effectively. Show people you can be firm.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Inactivity
5. Spring
9. Copper, for one
14. Wing-like
15. "___ la Douce" (1963)
16. Not late/Not on time either
17. At Ease! It's not compulsory in Canada: 2 wds.
20. ___ Music Prize, Canadian album honour
21. Yes
22. Writing implement
23. Prefix to 'scope'
24. Initials-sharers of Eddie Cibrian's ex-wife
27. Mozart opera, ___ Fan Tutte
29. Canada's capital
31. ___ sweater
35. Remained
36. Scent, variantly
37. "Gangnam Style" guy
39. Bobby Brown song
40. Rocker's amp effect
43. Edmonton... Art Gallery of Alberta's current exhibition, ___-Lautrec and La Vie Moderne: Paris 1880-1910
46. "Buffy the Vampire ___"
47. English river
48. Iowa's capital, ___



Moines

49. Shade's proper upper
51. Cause and ___
56. Conserve
57. Inventive individual
58. Michael J. Fox movie: 4 wds.
62. 2002 to 2005 TV series, "Sue Thomas"

___"

63. ___ of a lifetime
64. Extends
65. Celebrated
66. 'Kitchen' suffix
67. Taking-away-from-something's result

Down

1. Safety ___ (Accessibility aids)

2. George ___, Silas Marner author
3. Oscar-winner Ms. Field
4. Lawyer's time to shine
5. Corporate go-between
6. Goes astray
7. Ms. Grant of music
8. Not in

9. British Columbia city
10. Roof's overhang
11. Three
12. Vodka, e.g.
13. Caustic solution
18. Load transporter
19. Across-the-Pond moneys
23. Road trip break: 2 wds.

24. CCR's "Born on the ___"
25. Ms. Stefani's
26. "Sexy ___" by The Beatles
28. Lightly take a drink
30. Edible root
31. Appetizer, ___ 'oeuvre
32. "Set Fire to the Rain" singer
33. Some stars
34. Squirrel's nest
38. Not me
41. Akin
42. Canadian channel
44. Payment for a service or facility: 2 wds.
45. 'The fire', in French: 2 wds.
50. Length unit
52. Lethal
53. Music piece
54. Casual pants, e.g.
55. Lock of hair
56. Canadian singer Ms. Sweetnam
57. Hibernia human
58. Dearest pal, texting-style
59. Homer's dad on "The Simpsons"
60. This, in Montreal
61. Very 'in' right now

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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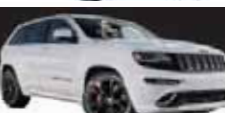
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